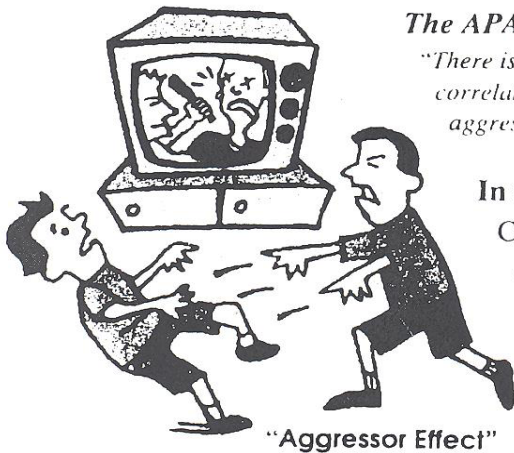


Four Effects of Viewing Media Violence

Does viewing violence in media contribute to violence in real life? In August, 1993, the Commission on Violence and Youth of the American Psychological Association issued a major new report titled: *Violence and Youth: Psychology's Response*. The report moved the debate on the effects of media and violence from just the impact on individuals to the cumulative impact of media violence on our quality of life and on society as a whole and identifies four serious and real-life effects resulting from repeated long-term violence in mass media.

1 Increased aggressiveness and antisocial behavior.



The APA Study says...

"There is absolutely no doubt that higher levels of viewing violence on television are correlated with increased acceptance of aggressive attitudes and increased aggressive behavior."

In other words...

Children who watch a lot of violence are more likely to imitate what they see on TV (Ninja chops, sword and gun play, fist fights, etc.). Aggressive children who have trouble in school and in relating to peers tend to watch more TV. The violence they see there reinforces their tendency toward aggressiveness and compounds their academic and social failures. If children do not have a strong support system to

learn to handle anger and balance aggressiveness, they can establish lifelong patterns of aggression which may result in adult crime, cruelty to others (e.g. abuse) and overall mean-spiritedness.

2 Increased fear of becoming a victim.

The APA study says...

"Viewing violence increases fear of becoming a victim of violence, with a resultant increase in self-protective behaviors and increased mistrust of others."

In other words...

Watching excessive amounts of media violence can make people think their communities are more dangerous than they really are. People who watch a lot of media violence tend to put bars on their windows, worry about locks and security systems and vote for more prisons and police. If we fear going out at night, we tend to stay home where we watch more TV violence, thus perpetuating the paranoia. This fear of the outside world is sometimes called the "Mean World Syndrome."



"Victim Effect"